



Making Healthy Choices

Ages 11-14

Activity Overview

Children will demonstrate their understanding of the decision-making model as they make healthy choices.

Assessment

The educator observes children's application of critical thinking skills as they make healthy decisions.

Equipment

Chart paper, Markers, Sticky notes

Minds On

Working as a large group, children review the steps of the decision-making model:

- Identify the problem.
- List alternatives with pros and cons.
- Think about the pros and cons of the alternatives. Which alternative sounds like a better option?
- Make the decision.
- Reflect on your decision.

Have children suggest situations when they might need to use the decision-making model.

Consolidation

Each child selects the scenario response he or she thinks would be most effective. Then, the child responds to an Exit Card, answering the following questions:

- Which scenario response do you believe will be most effective? Why?
- What factors were influencing them to drink alcohol?
- What factors were influencing them to resist drinking alcohol?